



KATHY SMITH'S  
**project:  
 YOU!**  
**Type 2**  
 The Diabetes  
 Fitness Solution



## The Healthy Solution to Diabetes

**Kathy Smith's Project: YOU! Type 2** is a step-by-step guide to creating a healthy lifestyle for people with type 2 diabetes and anyone who wants to reduce their chance of getting diabetes. Developed in conjunction with doctors, certified diabetes educators, and the American Diabetes Association, this is a comprehensive program that will allow you to take control of your health!



### "Good 2 Go" Guidebook

A motivational guidebook that takes the fear and confusion out of diabetes by explaining it in nonmedical terms. It lays out a comprehensive exercise and healthy eating program that removes the guesswork from how to start and stay with a lifestyle that is appropriate for your fitness level. Most importantly, it emphasizes the powerful choice "You" have to take control of your life through exercise and healthy eating to live as fully and richly as you deserve.



### 10 Workouts

Focus on the three key elements of fitness: cardio, strength training, and flexibility/relaxation. Great for beginners, but appropriate for all levels of fitness. Contains 3 DVDs of progressive workout intensity, plus a CD with 2 walking programs.



### Food & Fitness Journal

Keep track of what you eat, when you exercise, what your glucose readings are, and your weight. This information helps you and your medical team quickly evaluate your progress and make needed adjustments.



### "Good 2 Eat" Cookbook

It can be pretty overwhelming when you start making diet changes. The "Good 2 Eat" cookbook removes all the guesswork. Take charge of weight control, blood sugar management, and carbohydrate guidelines with mouthwatering real food. Learn when to eat as well as what to eat. Choose a preplanned week of meals and snacks; create your own meals by choosing from a selection of breakfasts, lunches, dinners, and snacks; or delve into some delicious new recipes. See how to eat and still enjoy yourself at your favorite restaurant. A food COMBO system simplifies carb counting by doing it for you.



### "Mix and Match" Meal Cards

A set of color-coded cards with delicious meals and simple snacks that you can shuffle—mix and match to create a meal planned to satisfy the tastes and nutritional needs of a person with type 2 diabetes. Before long, you'll have all the tools and knowledge you need to become an independent eater, so that you can leave that "diet" mentality behind, and enjoy food for life.



### Workout Calendar and Resource Guide

Keep track of what workout you do during the 12-week program and flip it over to find a comprehensive list of resources for diabetes education and information at a glance.